Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: YOU ARE VALUABLE, WORTHY, and IMPORTANT

Who you are:

I am

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2 positive attributes or virtues about self

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1 Thing I have done at my site that I take ownership in.

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How to increase your value at work and in organizations:

* Be a part of the bottom line
* Remember that time is money
* Sing your own praises (This is a balance, not too loud, not too soft)
* Be a lifelong learner (you don't know everything)
* Be a confident innovator
* Keep a trail/record
* Don't be afraid to say no
* Know which rung on the ladder is right for you
* Shut up and listen
* Learn the difference between real connection and digital connection
* Add Sales to your skill set
* If it isn't broken, don't fix it
* Get a life (live a balanced life)
* Say "no" to working vacations
* Set boundaries
* Live life fully
* Toot a horn for others (Karma)